

# Mentor Monitor

## Volunteers Spruce Up Summer Activities

**A**s the rainy spring turned into a balmy summer, the Jonathan O. Cole Mental Health Consumer Resource Center launched a new “club” for the Cole-to-Teen Mentor Program--thanks to a couple of local college students.

The students approached Carol Brown, coordinator of Volunteer Services, with an idea to develop a nature walking group for the teens at McLean’s Child and Adolescent Program.

“The McLean campus is so beautiful that it seems only natural to get out and enjoy the grounds,” says volunteer Becky Feldman. “It’s hard not to relax and enjoy yourself while talking a leisurely stroll.”

The students, along with staff members from the program, plan to hold nature walks every Saturday during the summer.

“Not only is this an excellent way for the teens to get out and about, it’s good exercise,” says Brown. “I think it’s a wonderful idea and even I plan to join the club when I can.”

For teens who are not up for nature walks, Brown points out that there are a number of other volunteer-run clubs, including a basketball clinic, a journal writing club and an arts and crafts club.

“The goal of our clubs is to offer fun activities that engage the teens mentally and socially,” explains Brown. “If anyone has any new ideas, I’d love to hear them.”



## Looking for a few good mentors

**V**olunteers are the heart and soul of the Cole-to-Teen Mentor Program and Carol Brown, coordinator of Volunteer Services, is always looking for new mentors.

“Our philosophy is that volunteering does not have to be a big time commitment,” says Brown. “We hold events during the day and in the evening, that way our volunteers come when they can.”

Anyone interested in volunteering may contact Carol at 617.855.2118.

## Mentor program ‘thank yous’

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